



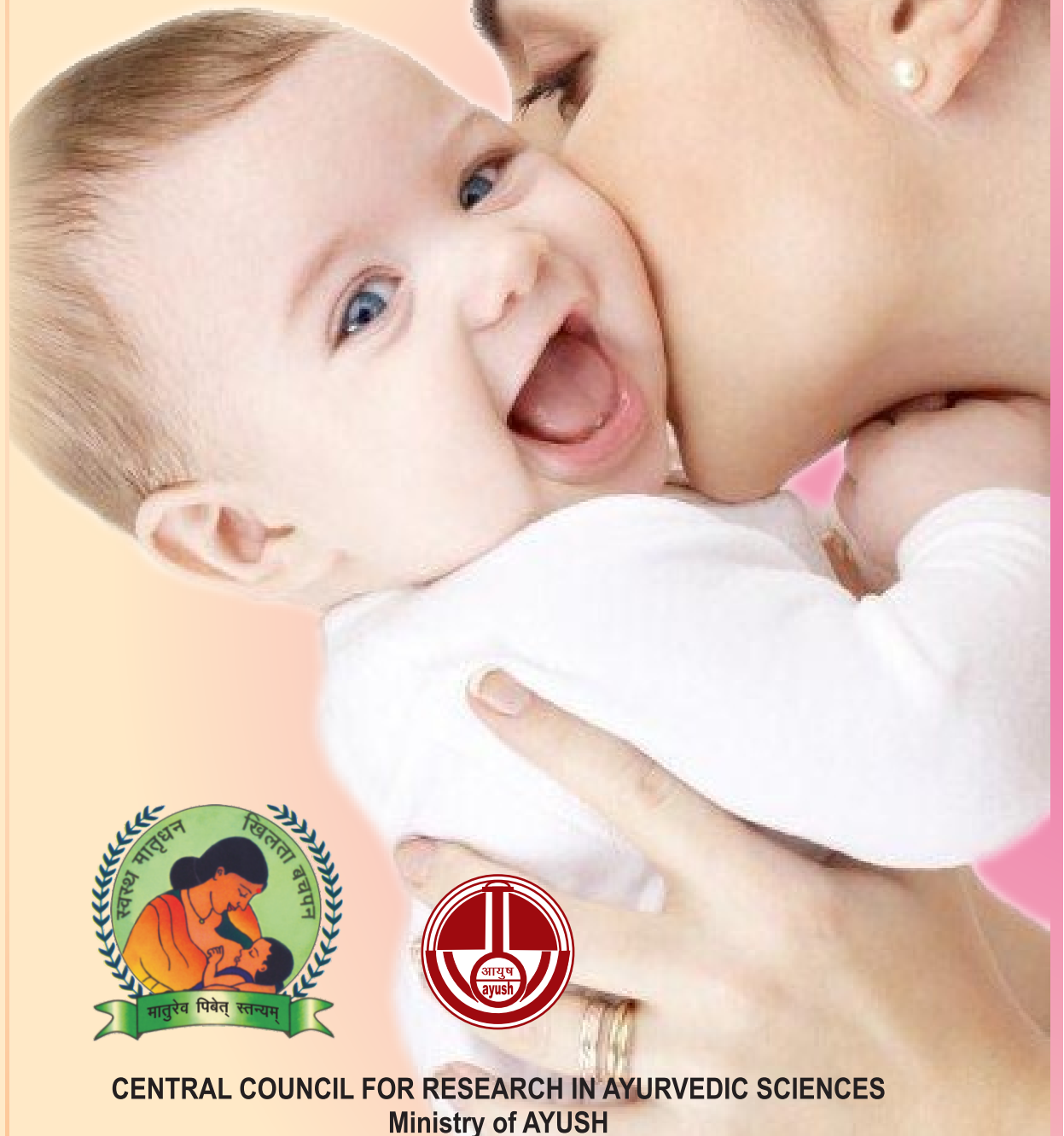
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## Mother & Child Health Care Antenatal Care



**CENTRAL COUNCIL FOR RESEARCH IN AYURVEDIC SCIENCES**  
 Ministry of AYUSH  
 (Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy)  
 Government of India

### Dietary Guidelines:

#### Do's ✓

- Diet should be taken according to the taste within the available resources.
- Milk and milk products are useful for fetal nourishment and strength. Among the milk products, navanita (butter), ghrta (ghee), ksira (milk), rasala (a kind of curd preparation) are advised to take liberally. 
- Fresh Fruits - especially ripe yellow fruits such as gooseberry, Jack fruit, Grapes and Orange juice especially during first trimester. 
- Eat foods that are high in iron including dry fruits, raisins and leafy green vegetables.
- Eat foods that contain folic acid including Whole Grains, Wheat Germ, Broccoli, Beans etc.
- Vegetables like carrot, beetroot, unripe banana; fruits like Apple, Grapes, Chiku, Banana and pomegranate should be included in the diet as much as possible.
- Diet should contain Sali (Rice), Godhuma (Wheat), Laza (Rice flakes), Mudga (Moong dal) etc. Jaggery and Dates are also to be incorporated in diet.
- Plenty of meat soup is good for garbhini.
- Madhu (honey) and Sarkara (sugar) are beneficial for the health of baby and mother. But sugar intake should be avoided in diabetic mothers.
- Liquid/ semi liquid diet can be taken in early pregnancy.

#### Don'ts ✗

- Should not eat very hot, very cold and stale food items.
- Should not have too much spicy, pungent, sour, salty, sweet food stuffs.
- Should not eat the food which upsets her health.
- Should not over eat.
- Should not drink too much tea or coffee.
- Should not remain hungry or thirsty for long time.
- Should not lie down immediately after food.

### Vihar (Lifestyle)

#### Do's ✓

- Always remain cheerful.
- Sleep about 8 hours in the night and take rest for about 2 hours during day time.
- Take bath regularly and maintain hygiene.
- Wear clean, soft, comfortable and loose cloths.
- Perform normal routine work.
- Visit the doctor periodically/ regular intervals.
- Mrdu abhyanga (Massage) with laksa taila is advised
- Mrdu sayya (cushion bed) is advised to use always.
- Husband and other family members are advised to be supportive and keep pleasant behavior with pregnant woman



#### Don'ts ✗

- Sleeping for long time in supine position
- Standing for long period especially in second trimester onwards.
- Jumping, running and jerky riding on vehicle, avoid heavy and strenuous work.
- Should not smoke or use tobacco in any form, alcohol and intoxicating drugs.
- Should not take any medicine without advice of the doctor as it may be harmful to the fetus.